

**CN Wellness Committee Meeting
Colo ICN Room-7:30 A.M.
Thursday May 8th, 2025
Virtual Link-As an Option**

Members Present: Marc Snavelly, Superintendent; Mike Boeve, Elementary Principal (Virtual); Bradon Kelley, Middle/High Principal; Jackie Dunlap, School Nurse (Virtual); Sheryl Gilmore, Food Service Director; Kara Kinser, School Counselor (Virtual); Kelsie Engelken, FCS Teacher; Mary Wilkins (ISU Extension & Parent); John Fuller, School Board Member (Virtual); and Hope Heidemann, Student

Agenda:

- 1. Welcome-**Marc welcomed everyone. This is our second and final Wellness Committee Meeting of the 2025-2026 School Year. Thank you for attending. We are well-represented by various stakeholders on this committee.
- 2. End-of-the Year Wellness Activities Planned-**Last week, Public Health was in Zearing doing Sun/Water Safety with 3rd Grade. Mileage Club is going on right now at the Elementary. They are taking advantage of Dakins Lake. The gym and playground area is also marked off for this. There will not be a track meet this year because of the track being under construction. 5th-6th VIP Day will be on May 22nd in Colo. 7th-8th Graders will be going to Dakins Lake in Zearing on Friday, May 23rd. The Field Day for the Elementary will take place on May 27th.
- 3. Spring Clean-Up-**Nothing planned for the spring. This took place in the fall. Juniors plan to help plant trees at Dakins Lake on May 19th.
- 4. Review Wellness Activities (2024-2025 School Year)-**5th & 6th Grade participated in the following units: Nutrition, Physical

Health & Mindfulness. 7th Grade did a unit on Mindful Teen & Smoothie Bike Ride. 1st Grade did “Pick a Better Snack” Activity.

- 5. Recap-Heart Challenge in Zearing-Tony Stalzer oversees this. \$10,000 was raised this year.**
- 6. Recap-Mileage Club-Listed in Agenda Item #2.**
- 7. Summer School (Snacks & Lunch)-Summer School will run from July 7th-July 24th Monday-Thursday from 8:30-11:30 a.m. in Zearing. A snack and lunch will be provided.**
- 8. Summer Meal Deliveries-There are 127 students signed up.**
- 9. Food Pantry Update-We are serving several families. Barb Mittman, from Nevada Food at First, has provided fresh produce and snacks for the elementary school students. Michele Case also does a lot of good work with the Colo Food Pantry.**
- 10. Planning for the Fall-Brian Mendler will be here on August 20th to do a presentation. Colo-NESCO, Collins-Maxwell, Baxter, and GMG will also be in attendance. Jackie Dunlap, School Nurse, gave an update on the measles.**
- 11. Questions-None**